



The role of inter family communication in marital adjustment: Case of Konya¹

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Abstract

This is a descriptive research carried out among 827 people residing in Konya city. The mean marital adjustment scale (MAS) score was 43.99 based on the survey and marital adjustment scale application, and 56.0% of respondents were compatible with their marriage while 44.0% of them were incompatible. However, it was determined that communication between spouses (problem sharing, sadness / distress sharing, discussion frequency, remaining separate after discussion, solving problems after discussion, sharing sexual problems, devoting some time for each other, dealing with emotions and thoughts of the spouses) significantly affected the marital adjustment.

In conclusion, the findings show that the communication between couples and within family is related with marital adjustment. it would be helpful to carry out studies and researches to improve communication skills at the centers working with the families and marriage counseling centers.

Keywords: Inter-family communication; communication; marital adjustment; interpersonal communication; marriage quality.

1. Introduction

Communication is an essential phenomenon for human beings who are social being. Human beings think intrinsically and need to transfer thoughts. In line with this need requirement, human beings are always in contact with the people around them. However by making interaction with the people around them, there are some rules for the individuals to understand each other and to meet on common ground. In the framework of these rules, both individuals and environment must have the convenient rules for quality communication.

The quality of communication within the family also affects all members of the family. The more the communication is healthy and quality, the more the marital adjustment is. Therefore, to be open to communication of individuals, to express themselves and to care about their ideas with respect to the people is very important in terms of the quality and continuity of the relationship.

2. Inter Family Communication and Marital Adjustment

“Marriage and family”; even these two words differ in some societies, those are integrated with one another and therefore, adjustment of marriages influence the family unit. It is required that the family environment shall be healthy primarily for families’ fulfilling their responsibility to raise individuals fitting into the society and who are successful, which is the basic function of the families. The element required for that is to understand the factors providing marital adjustment

¹ This article is manufactured from a doctoral thesis and presented on The 7th MAC 2016 international Conference 27th -28th May 2016 in Prague – Czech Republic

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wholly and putting those factors into practice. Particularly, inter-couples, inter-family members communication is one of the most significant factors affecting marital adjustment.

Family is a social environment forming the smallest structure of the society. It can be described as a social group in terms of the relationships and interactions among the members; as a unity in social and economic sense; as an organization as one of the basic indicators of social life; and as a social establishment having systematic rules for fulfilling and performance of the needs of the members (Özçelik & Aktaş, 2015, Nirun, 1994). As for communication; it is the fundamental actor in formation of the society and individuals become parts of the society by means of regular communication with one another (Şahin & Aral, 2012). Family is a whole; not the sum of individuals one by one. Family has an order comprising of the interaction among the members of it and each individual form its personality and sense of self within this order (Apaydın, 2001). Family is the base of societies and for that reason; it is more obviously understood what a big part family relationship, communication, interpersonal communication play. Communication starting with human beings and society starting with family; the importance of these two indispensable elements are undeniable facts in social life. Significance of family in social terms is set forth in every research with strong evidences. Family is a holy shrine which is the source of the society, center of sharing, first place of education, and where character-wise individuals maintaining continuance of social life are raised for the society. Every single incident developed in families, directly or indirectly, affects every layers of the society.

Communication is one of the basic life skills such as properties that will form individuals from birth to death and provide survival. The more the communication skills of the individuals are high, the more personal happiness is high to that extent. Friends are made by means of communication and maintaining friend relation, successful in life and affection and respect in family increase. If communication is insufficient, a deficiency is seen in any part of life. Even it is considered that everything is fine, the attitudes in the surrounding are artificial essentially and social satisfaction is inadequate (MacKay et.al. 2012). Family consists of individuals and interpersonal communication in the family is efficient. Interpersonal communication is a form of communication the source and target of which is individuals within the process of communication. Pursuing, evaluating and developing reactions against the behaviors changes of the person before us is available during interpersonal communication. For handling inter-family relations in the family, which is an institution raising new individuals to the society, in a healthy manner, family members shall have strong communication. Various researches in the last period show that individuals become more isolated both in family and daily social life and sharing decrease. Individuals' preferring cyber communication over social networking sites rather than traditional communication ways brings with social isolation. The communication of the individuals with their surroundings has turned into a mode of communication which uses technology as a tool (Karagülle & Çaycı, 2014). It is possible to observe people who do not raise their heads from electronic devices in a public transportation vehicle or even walking on the road. The same is also observed in the family most of the time. Family members spend their time with smart devices rather than one another. The solution of the problems gets harder in the environments where the sharing is limited.

Especially, when spousal relations are considered, it is expected that the shares of the couples sharing a common life to be more, most of the time. It is the behavior expected for a healthy inter-family communication. The reason for that is the couples communicating with one another, sharing their problems, sorrows and happiness have the capacity to cope with the problems that come out easily. A study was conducted among women found that conflict in marriage are strongly effected by communication skills. Effective listening, empathy, problem solving, healthy connections with husband are decreased the conflict between spouses (Tavakolizadeh, Nejatian & Soori, 2015). Efficient and healthy communication can be leaded sharing the problem and avoided or solved the issues on time.

Askari, Noah, Hasssan & Baba (2013) have conducted an experimental study on effective communication and conflict resolution skills among couples. They found that, the couples in the experimental group who demonstrated conflict resolution skills and participated in communication showed a positive trend in mental health levels.

It means that the couples who cannot express their emotions and thought sufficiently and share less have difficulties in understanding one another and their perspective concerning the events become different. As a result of this, the incidents and situations cannot be seen from the perspective of the other. Unhappiness of the couples who cannot understand one another gets more and more in time and it may be end up with divorce.

Inter-family communication is substantial in spousal relation as well as communication with children. Although they are seen as little kids, every individual desire to know and feel that they are cared about and paid attention. When communicating with children, it is important to approach them by taking into consideration that they are also individuals and by giving them this message “the things that you say and your emotions and thoughts are significant for me”. The kids facing the contrary situation get isolated and display ill-tempered behaviors (Kandır & Alpan, 2008). Besides this, communication of the couples has substantial influence on the kids, taking parents as role models. Having the first education in the family, kids adapt the attitudes they see in inter-family and reflect these in their social lives.

Communication is an absolute must for human beings, as social beings. People thinks by nature and feel the need of express their thoughts. Referring to this need, people interact with their surrounding continuously. However, there are some sets of rules for individuals to understand one another and finding a common ground while communicating. For example; it is required that they speak the same language, the messages shall be understandable for the individuals who are in communication or there shall not be any problem in transferring messages, and the other one is that the messages shall be prepared in compliant with the psychology and structure of the people. All those conditions have essential place in interpersonal communication’s achieving success. This is because you cannot expect from anyone who cannot understand what you say to understand you no matter how much you tell or you cannot find common points and overcome problems if you continue communicating without putting yourself into the shoes of the other person and without understanding what s/he feels. For that reason, both individuals and environment shall have the conditions suitable for communication of good quality. Likewise, the results that come out not only affect those two individuals but also affect several people with domino effect.

The quality of inter-family communication affects all members of the family. The more the communication is healthy and of good quality, the more marital adjustment increases. For that reason, individuals’ being open to communication, expressing themselves and above all, paying attention to the thoughts of the other one by respecting him/her are quite important for quality and continuity of the relation. Despite the fact that speaking is important for communication, sometimes it is not adequate by itself. Thoughts shall also be supported with actions in expressing feelings as well as speaking. Human beings tend to observe and interpret their observations together with sight besides hearing. Therefore, non-verbal dimension also affects the quality of communication in addition to verbal elements. Especially, if ones do the opposite of the thought expressed before with the actions as well as utterance in spousal relations, this will decrease his/her reliability. As a result of this, the dialogue among spouses will become meaningless in time.

Marriage is the most important relationship between man and woman and ensures an emotional and legal responsibility in the lives of adults. More importantly, choosing a spouse and marrying are qualified as keystone in personal success and maturation (Hashmi et.al. 2006). Marriage has a significant place in solving social, cultural, personal and sexual problems in the society (Bharambe & Baviskar, 2013). Marriage is a communication and interaction system. Communication among spouses, inter-family communication has gained significance in our day as in the past. Especially, it has become possible that some conflicts may be experienced with change of roles and becoming flexible and the roles that the spouses would take on was clear in the past

but while this case has become different in our day (Şener & Terzioğlu:2008). The vitality of this system is possible with exchanging verbal and non-verbal proper messages among couples. Compatible marriage is defined as couples can communicate, do not have several disagreements concerning significant issues and conflicts can be solved in mutual satisfaction (Sabatelli, 1988). Inter-couples adjustment reveals four perspectives of a relationship; inter-couples satisfaction, inter-couples dependence, inter-couples consensus, emotional expression of self (Spanier, 1976). Healthy consensus among couples and emotional expression of self can only be possible via communication.

Compatible marriages affect family, husband-wife and kids in private and society in general. For that reason, the studies in this field shall be enhanced. According to the data of Turkish Statistical Institute, divorce rate in 2014 has increased at the rate of 4,5% compared to 2013 (Turkish Statistical Institute, 2015). Even the outward reason for breakdown of marriages depends on economic causes, unseen part of it because of couples' not knowing communication and marriage (Tarhan, 2014). Again, according to 2011 Marriage and Divorce Statistics data of Turkish Statistical Institute, 96.7% of divorces is because marital conflicts (Turkish Statistical Institute, 2012). Every problem has a solution. Some couples turn the problems they face into a conflict and some into an opportunity. Bonds of matrimony of the ones who can solve the problem by seeing the conflicts faced as cohesion will get strength (Tarhan, 2014). This study was revealed with the purpose of setting forth the dimensions of inter-family communication that has turned into a serious social problem day by day within the perspective of communication researchers. Particularly, within the context of interpersonal communication, the dimension of the communication between husband and wife affects the adjustment in marriage and this case is reflected on inter-family. The more the inter-couples adjustment is healthy, the more inter-family and outer-family relationships become healthy and especially its reflections on the children are remarkable.

3. Methodology

This is a descriptive field study. Aim of the study was to define the role of family communication in the relationship of marital adjustment.

3.1 Samples

Sample of the study was married people who live in Konya city. Estimation of a rate in a society in certain correctness in determination of the sample size of the research (Lemeshow et.al. 2000:143) and showing what sample number shall be was benefitted. It is required to determine the frequency of rate of incidence, confidence level and accuracy ordinance rate for usage of this table. Frequency of rate of incidence which is analyzed (marital adjustment) was 36.8% for women in a study (Yalçın, 2014:250). The rate notified only for women was accepted as approximately 40% for the table of determination of sample number and at 95% confidence level and 5% relative accuracy was taken into account and thus it was found out that the sample size specified in the table was 369. As this study will be carried out on women and men, it was planned to reach double the amount of 369 number (n=738). The survey questionnaire was distributed to 900 married people. Total 827 questionnaires were returned.

3.2. Data Collection, Tool and Analysis

There are questions on dimension of communication between husband and wife and some questions on communication with children. Particularly, it is explained by data how much speaking, emotions, problems and sharing is significant among couples and the efficiency of communication, being a keystone even in relationships with friends, in the family which is the most valuable segment of society is clarified. To determine the role of communication in the family, a reliability-validity study developed by Locke & Wallace (1959) and translated to Turkish by Tutarel-Kışlak (1999) was performed and "Marital Adjustment Test-MAT" (Tutarel-Kışlak,1999) was applied.

MAT is a scale consisting of 15 items and scores are increasing from non-compliance toward compliance. Data were collected through face to face interview and each interview took around 15-20 minutes

In order to conduct this study an approval was obtained from Selcuk University, Institute for Social Science ethics Committee and permission was obtained from Konya local government. Prior to data collection, all study participants were given information on the study.

In descriptive statistics; frequency, percentage, average and standard deviation were used. Pearson's correlation, student t- test and variant analysis were used to determine the relationship between dependent and independent variables.

4. Results

Table 1 presents socio-demographic information of the participating in the study.

Table 1. The Distrubution of Participants Socio Demographic characteristics

Variables		Frequency	Percentage (%)
Gender	Female	462	55,9
	Male	365	44,1
Status of Education	Literate	21	2,5
	Elementary	235	28,4
	High School	175	21,2
	Bachelor degree and high+	396	47,9
Profession	Housewife	140	16,9
	Officer	373	45,1
	Self Employed	88	10,6
	retired	9	1,1
	employee	217	26,2
Type of Family	Nuclear Family	710	85,9
	Extended Family	117	14,1
Perception of Income Situation	Good	264	31,9
	Medium	484	58,5
	Bad	79	9,6
Type of Dating	Arrange Marriage	506	61,2
	Love Marriage	321	38,8
Having Child	Yes	706	85,4
	No	121	14,6

In this study 55,9% of the participants were women, 44,1% of them were men, 2,5% of the attendants were literate, 28,4% of them were graduated from primary education, 21,2% of them were from high school, 47,9% of them were bachelor's degree and higher education level. 85,9% of the participants from small size family while 14,1% of them were from big size family. Regarding the income level 31,9% of the participants have good, 58,5% have medium, 9,6% have bad income. Among the respondents 61,2% of them got married via arrange marriage; while 38,8% of them got married via love marriage. Most of the families (85,4%) have kids and 14,6% of the families do not have kids yet.

Table 2: The Distribution of Marital Adjustment Scale Average Scores and Marital Adjustment Status of the Participated in the Survey

Variables	Mean	SD
Marital Adjustment Scale Score	43,99	10,47
	Frequency	Percentage (%)
Marital Adjustment Status		
1- Competence	463	56,0
2- Incompetence	364	44,0

Marital adjustment scale average score of the respondents was 43.99. The marital adjustment status was 56,0% of the respondents were compatible while 44,0% of them were incompatible (Table 2). The analyses were done between compatible and incompatible respondents.

Table 3: The Distribution of Marital Adjustment Scale Average Scores and Socio-demographic information of the respondents in the Survey

Variables		MAT X±SS	Test of significance	Multi Comporation (Test of Tukey HSD)
Status of Education	Literate	48,86±9,84	F=6,75 p=,000	High School *
	Elementary	43,56±12,58		
	High School	41,43±10,98		Literate *, Bachelor degree and high+*
	Bachelor degree and high+	45,11±8,49		High School *
Profession	House wife	41,53±11,43	F=9,331 p=,000	Officer*, Employee*
	Officer	44,88±8,23		Officer*, Self employed*
	Self employed	39,25±14,97		Officer*, Employee*
	retired	47,00±8,17		
	employee	45,83±10,39		House wife*, Self Employed*
Type of Family	Nuclear Family	44,39±10,11	t=2,776 p=,006	
	Extended Family	41,50±12,23		
Level of Income	Good	45,55±9,27	F=27,012 p=,000	Bad*
	Medium	44,41±9,82		Bad*
	Bad	36,15±14,26		Good*, Medium*
Style Marriage	Arranged Marriage	43,35±11,01	t=-2,209 p=,027	
	Love Marriage	44,99±9,49		
Having Child	Yes	43,68±10,44	t=-2,021 p=,044	
	No	45,76±10,55		

A significant relation was found between educational background of the respondents (F=6,75; p=,000), occupation (F=9,331; p=,000) and MAT score. It was found that educational background has influenced marital adjustment. People's communication skills, sharing problems and cope with conflicts have increased according to educational background. In addition to this, it was also found that marital adjustment of the respondents who were literate was also high. The

findings are explained that the respondents with low educational level accept the present conditions by reason of their low expectations from spouses and society.

It was determined that there is a significant relation between family type of the respondents and MAT ($t=2,776$; $p=,006$). Particularly, it was found that respondents having small size family are more compatible in their marriages compared to the ones having extended family. It can be said that this case arises from the situation of conflict with the family elders in extended families originating from traditional understanding in our society. Furthermore, a significant relation was found between the way of assessing economic condition and MAT score ($F=27,012$; $p=,000$). The marital adjustment of the respondents who has bad income is lower compared to who has good and medium income. According to the research carried out by Kinnunen & Feldt (2004), the couples having low economic status face much more psychological problems and therefore marital adjustment is negatively affected (as cited in Tutarel-Kışlak & Göztepe, 2012). This case shows that couples with economic problems experience more conflicts and are unsuccessful in coping with problems. There is a significant relation between the variable of way of marriage of the individuals and marriage adjustment point ($t=-2,209$; $p=,027$). It was found that those who married via love marriage have higher marital adjustment. Couples knowing each other in better way while love marriage can maintain inter-family relations in more compatible manner during marriage with the experiences about one another.

It was determined that there is a significant relation between the status of having child and MAT score ($t=-2,021$; $p=,044$). Especially, it was found that those who do not have children are more compatible in their marriage. Hoşgör (2013) specified in the study of “examination of married couples’ way of expressing anger and marital adjustment” that the point average of the participants who do not have children is higher than the those having one or more children. The factor of having child in the marriage has increased the responsibilities that the individuals have. This situation causes an increase in the conflicts among couples arising from children (Table 3).

Table 4: The Distribution of Marital Adjustment Scale Average Scores and Communication between couples status in the Survey

Variables		MAT $\bar{X} \pm SS$	Test of significance	Multi Comporation (Test of Tukey HSD)
To share problem with spouse	Always	47,94 \pm 7,46	$F=131,864$ $p=,000$	Sometimes*, Never*
	Sometimes	39,37 \pm 10,62		Always*, Never*
	Never	25,83 \pm 16,01		Always*, Sometimes*
To share sadness with spouse	Always	48,23 \pm 7,45	$F=119,897$ $p=,000$	Sometimes *, Never *
	Sometimes	39,51 \pm 10,68		Always *, Never *
	Never	28,55 \pm 15,36		Always *, Sometimes *
To be concern spouse's emotion/thoughts	Always	48,09 \pm 7,26	$F=152,376$ $p=,000$	Sometimes*, Never*
	Sometimes	40,15 \pm 9,76		Always *, Never *
	Never	28,75 \pm 15,73		Always *, Sometimes *
Frequency of arguing	Never	50,12 \pm 7,51	$F=130,190$ $p=,000$	Sometimes*, Constant*
	Sometimes	44,81 \pm 8,44		Never*, Constant*
	Constant	29,03 \pm 14,90		Never*, Sometimes*
After arguing to stand aloof	Always	25,50 \pm 18,80	$F=86,410$ $p=,000$	Sometimes*, Never*
	Sometimes	38,46 \pm 12,10		Always*, Never*
	Never	46,71 \pm 7,90		Always*, Sometimes*

The situation of solving problem after arguing	We solve the problem by talking	47,50±7,26	F=58,076 p=,000	As it never happened*, Don't speak for a while*
	We act the problem as it never happened	41,97±11,35		By talking*, Don't speak for a while*
	We don't speak for a while	39,29±12,24		By talking*, As it never happened *
To share sexual problems with spouse	Always	47,73±7,53	F=57,907 p=,000	Sometimes *, Never *,
	Sometimes	40,78±9,55		Always *
	Never	39,59±15,24		Always *
The situation of spouse allowing time each other	We don't have time	35,27±15,06	F=98,684 p=,000	Sometimes*, Often*
	Sometimes we allow time each other	42,43±9,06		No time*, Often*
	Everytime we allow time each other	48,94±6,95		No time*, Sometimes*

Interpersonal communication has a significant place in among people. Especially, it prevents generation of bigger problems in the future by solving the problems on time and maintaining healthier progression of relations. As couples and children have the aim to sustain a common life in inter-family communication, it is essential for healthy family life. Thus, as a result of marriage and relation training program applied to research the positive effect on communication skills, Mitchell et.al. (2008) they determined that there was a decrease in conflict in marriage and development in quality of marriage in almost half of the problematic couples (as cited in Blanchard et.al. 2009).

It has been seen that there is a significant difference between the status of sharing the problems of individuals with their couples and MAT score mean ($F=131,864$; $p=,000$). The couples who do not share their problems timely and cannot find solutions were found to increase in marital incompetence and to reach serious consequences.

A significant difference was found between the variable of sharing status of sadness/distress asked to the individuals and MAT score mean ($F = 119.897$, $p = ,000$). Family is a group that must overcome the problems with solidarity. Not being able to share sadness/distress even in the family leads individual to consider different channels and to some complaints such as "he/she does not understand me" between couples. Indeed, according to the research performed by Şener & Terzioğlu (2002), there is a meaningful relation between being satisfied with the communication level of men and women and MAT point average and the ones stating that they are always pleased with the sharing of emotions and thoughts in women and men were the ones making difference in this analysis.

It has been seen to be a significant difference between the discussions frequency ($F = 130.190$, $p = ,000$) that was asked to the individuals participated in the survey, the status of staying alone as a result of the study ($F = 86.410$, $p = ,000$) and the problem-solving situations after discussion ($F = 58.076$, $p = ,000$) variables and MAT score mean. Discussions take place in every family. In this case the family can communicate well in advance it can be solved by establishing communication, but communication skills in individuals with weak dimensions are transported to the discussion. In the families having healthy communication, this situation can be solved by communicating beforehand, but the individuals having weak communication skills carry this case to the discussion level. As a result of the discussion, being able to solve the problems with healthy communication significantly affect the marital adjustment. But in case of failure of communication skills between individuals, individuals pass the situation of ignoring the problems and to defense case we call as "offended" in the community. However, this case does not eliminate the problems, it only covers up. As a result of this, problems that cannot be resolved arises again in every debate.

According to one-way variance analysis (ANOVA), a significant relation was found between sharing sexual problems with the spouse and MAT point average ($F=57,907$; $p=,000$). It was found that the group making difference as a result of Tukey HSD analysis was the group responding as eventually and never. A significant relation was detected between the status of being interested in emotions/feelings of the partner and MAT point average according to one-way variance analysis (ANOVA).). It was found that the group making difference in this variable was the group responding as eventually and never. Partners' status of being interested in other's emotions/feelings presents empathy. It is found in various researches that empathy strengthens communication by providing individuals' understanding one another.

A significant difference was found between the allocation time status of the couples to each other and MAT score means. In a health family environment, the allocation of time by the couples is an expected case. The couples who can allocate time for each other can be defined as the ones providing communication and having stronger shares at the same time. A significant difference was found between the status of being interested in the thoughts / feelings of the couple and MAT score mean. The status of being interest in the thoughts / feelings of couples reveals empathy. It is seen in many researches that empathy fosters communication by providing the individuals to each other.

Table 5: The Effects of the Determining of Marital Adjustment With in Family Communication

The Effects of the Determining of Marital Adjustment Within Family

Communication (n=827)	Std. β	t	P
Status of Education (High School)	-3,561	-2,511	,013
Profession (Self Employed)	-4,325	-2,450	,015
Having child (Yes)	-9,280	-3,352	,001
Relationship with husband/wife's family (Bad)	-9,253	-3,304	,001
To share problem with spouse (Never)	-11,962	-4,507	,000
Frequency of Arquing(Constant)	-10,875	-5,471	,000
The situation of solving problem after arguing (We don't speak for a while)	-2,163	-1,752	,081
The situation of spouse allowing time each other (No time)	-4,301	-2,872	,004
To be concern spouse's emotion/thoughts (Never)	-3,452	-1,665	,097
R= 0,724 ^p R ² = 0.524		Adjusted R ² =0,502	

The variables that were found out meaningful from single analysis were taken for multiple regression analysis. The variables were coded in a manner that the group having the lowest point shall be 1 and others shall be 0. Multiple regression – Backward model was selected for analysis and the variables that do not contribute to the model or the variables destroying the structure of the model were removed from backward model and involvement criteria was accepted as 0.05 and removal criteria as 0.10.

Based on regression analysis results, the determinants of educational background, occupation, status of having children, the status of the relation of the partner with his/her family, status of sharing problems with partner, frequency of discussion, status of solving problems after discussions, status of partners' sparing time for the other and status of being interested in the emotions of the other, of the individuals filling out the survey, that are some of the determinants of

the effect of inter-family communication on marital adjustment were examined. According to the results of the analysis, it was found that the effect of independent variables found out meaningful as a result of factor analysis on marital adjustment was explained at the rate of 50% ($R^2 = ,502$). Pursuant to the results of this analysis, high school ($R^2 = ,013$) variable in the dimension of educational background, one of the factors affecting marital adjustment affects marital adjustment more compared to other educational background levels. There is a meaningful relation between the variable of self-employed ($R^2 = ,015$), one of the status of occupation determinants that the participators have and marital adjustment. It was observed that the marital adjustment of self-employed individuals is low. In the dimension of participants' status of having child, which is another variable, there is a meaningful relation between the marriage adjustment points of the ones giving the answer of "yes" ($R^2 = ,001$). This shows that marital adjustment of the individuals having child is lower than the ones who do not have. In the same way, in the dimension of partner's relation with his/her family, it was detected that the answer of bad ($R^2 = ,001$) also is an effective determinant. Marital adjustment of the individuals having bad relations with his/her family is lower. There is a meaningful relation between the answer of never ($R^2 = ,000$) given to the question about status of sharing a problem with the partner, being one of the determinants of the dimension of communication, and marital adjustment. Marital adjustment of the individuals not sharing problems with the partner is lower compared to the ones sharing their problems. It is predicted that the answer of always ($R^2 = ,000$) given to the dimension of frequency of discussion, one of the other determinants and the answer of "we do not talk for a while" ($R^2 = ,081$) given to the dimension of status of solving problems after discussions determinants have meaningful relations in influencing marital adjustment. These results show that the marital adjustment of the couples who constantly discuss and bring the discussion to end by not talking for a while without reaching a conclusion as a result of the discussion is lower compared to others. Finally, there is a meaningful relationship between the answer of "we do not have time" ($R^2 = ,004$) given to the question of sparing time for the other and the answer of "never" ($R^2 = ,097$) given to dimension of being interested in the emotions of the partner. Marital adjustment of the couples who do not spare time for one another and who are not interested in the feelings of the partner is lower than the other individuals.

Consequently, the effects of inter-family communication variables in marital adjustment are tried to be revealed. As per this, the effect of inter-family communication variables on marital adjustment has realized. The connection between communication variables as a whole and marital adjustment can obviously be seen. Increasing inter-family communication, taking the communication to a level of quality, making the problems reaching to an end by means of communication being solved are seen as qualifications that will increase inter-couples marital adjustment. In general, when the whole is taken into consideration, the dimension of reintegrating healthy families by increasing the adjustment particularly in inter-family relations and the dimension of contribution of the healthy, social, positive and society compatible individuals to the society in this era that we call the era of communication are revealed. In addition to this, the effect of children raised in a healthy family on the society is also an undeniable fact.

5. Discussion

This study was carried out to reveal the effect of communication, having a great importance in every areas of life, on inter-family communication, and especially on marital adjustment. The analyses show that communication influence marital adjustment to a large extent.

Revealing inter-couples adjustment is only actualized with open communication. People who can express themselves properly, transfer his/her feelings to the partner, and at the same time respect and pay attention to the thoughts of others can be compatible. The ones who hid themselves and cannot express their reactions and avoid from the problems in cases of conflicts rather than solving the problems are overwhelmed by these problems in time and make the problems impassable situation. It is observed in the researches that incompatibility is in question in

the marriages of the couples who cannot share their problems and troubles with one another (Tavakolizadeh, et al., 2015, Zaheri, et al., 2016). The significance of open communication is revealed at this point. Troubles and problems can be solved by means of mutual dialogue.

Communication is a tool providing solution of several problems without reaching to enormous dimensions. Communication has significant role interfamily communication and family satisfaction (Akhlaq, Malik, Khan, 2013). Particularly, inter-family violence against women or in minimum level, against men has increased recently and can reach to dimensions end up with death. The statistics carried out in the recent period show that violence increase each year compared to the previous year. However, the variables related to the communication show that marital adjustment point average is low in the couples who cannot communicate.

6. Conclusion

Data were collected and the analysis was performed indicate that there is a strong relationship between family communication and marital adjustment. This relationship affects the lives of participants in every sense. Communication skills of participants ensure to arise healthy communication within the family; the children who grew up in a happy and peaceful family environment adjust to the society more confidently. According to study findings, it can be suggested to perform trainings to develop problem solving skills of the couples, to give consultancy to the couples about conflict and crisis management before marriage, to make comparative researches to reveal the activities and trainings about increasing communication skills within the family on the marital adjustment. Besides, the perception of marriage, marital adjustment and communication sense of each society may vary. In order to reveal these cross-cultural differences, it can be suggested to perform comparative researches to be made with different cultures.

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